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Tuesday, September 18, 2018 metro.us | t: MetroNewYo

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7-ALARM ARSON

Suspect apprehended following blaze that injured 21 at Kings Plaza mall. 4

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5 THINGS TO KNOW

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KRISTIN TOUSSAINT, REPORTER

You may have watched as Hurricane Florence battered the Carolinas over the weekend, dumping heavy rains and downing trees with intense winds. The storm has since been downgraded to a tropical depression, but it's not completely over yet. As the storm system moves up the East Coast, it's set to bring some rain to New York City and beyond. Read more inside and at **metro.us** for more on what to expect from the weather this week.

FLYNN COULD BE SENTENCED AS SOON AS NOV. 28

1 President Donald Trump's former National Security Adviser Michael Flynn, who pleaded guilty to lying to the FBI, could be sentenced as soon as Nov. 28, according to a joint court filing by prosecutors from Special Counsel Robert Mueller's office and defense lawyers on Monday. Prosecutors have repeatedly deferred Flynn's sentencing date since he pleaded guilty in December 2017, even though Flynn's lawyer has said his client was eager to get the sentencing date on the calendar and put the ordeal behind him. The agreement now between both parties to set a sentencing date of Nov. 28 or in the following seven business days signals that Flynn's ongoing cooperation with Mueller's office is coming to an end. "General Flynn is eager to proceed to sentencing," his lawyer Robert Kelner told U.S. District Judge Emmet Sullivan during a hearing in July. Flynn pleaded guilty to lying about his contacts with Russia, in exchange for cooperating with Mueller's probe into Russian interference in the 2016 presidential election.

REP. COLLINS WILL SEEK RE-ELECTION IN NEW YORK

2 Rep. Chris Collins, who has been charged with taking part in an insider trading scheme, will stay on the ballot in November after reversing a decision to suspend his campaign, a New York Republican official said on Monday. Collins' decision to seek a fourth two-year term could potentially boost Democrats' chances for winning a western New York district that had been considered solidly Republican. Democrats need to flip 23 Republican-held seats in the Nov. 6 congressional elections to take control of the 435-seat House of Representatives, which would increase oversight of the Trump administration and likely stymie much of its legislative agenda. Collins, 68, the first member of Congress to endorse Donald Trump's presidential bid in 2016, said last month he would suspend his campaign, although he has denied the charges against him. But following advice from his legal team, Collins has decided to remain the Republican nominee, Erie County Republican Chairman Nick Langworthy told reporters. Under New York election laws, removing the name of a candidate from the ballot is a difficult process.

HONG KONG SETS HIGHEST STORM ALERT AS SUPER TYPHOON MANGKHUT ARRIVES

3 The aftermath of Typhoon Mangkhut on Monday in Hong Kong. City officials raised the storm alert to T10, its highest level, as Typhoon Mangkhut made landfall. The strongest storm of 2018 so far, with winds as fast as 125 mph, Mangkhut has reportedly killed at least 50 people in the Philippines as it continues its path toward southern China.

GETTY IMAGES

US TO SHARPLY CUT CAP ON REFUGEES TO 30,000

4 U.S. Secretary of State Mike Pompeo said on Monday the United States would cap the number of refugees allowed into the country at 30,000 for fiscal year 2019, a sharp drop from the limit of 45,000 it set for 2018. "We proposed resettling up to 30,000 refugees under the new refugee ceiling as well as processing more than 280,000 asylum seekers," Pompeo said in an announcement at the State Department. The refugee ceiling set last year of 45,000 was the lowest since 1980, when the modern refugee program was established. The United States is on track to admit only 22,000 refugees this year, about half the maximum allowed. It was not immediately clear whether the State Department and the Pentagon, which supported maintaining the cap at 45,000, changed their position as the debate proceeded or failed to persuade the White House. President Donald Trump campaigned in 2016 promising tight restrictions on immigration, and his administration has sharply reduced refugee admissions through executive orders and closed-door decisions in the past year and a half.

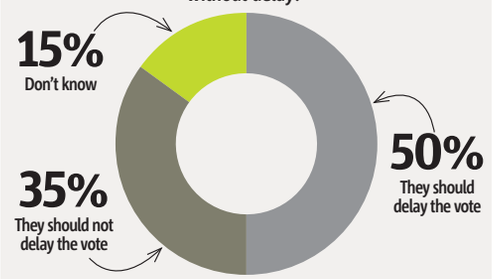
5 DIE IN STAMPEDE AFTER ANGOLAN SOCCER MATCH

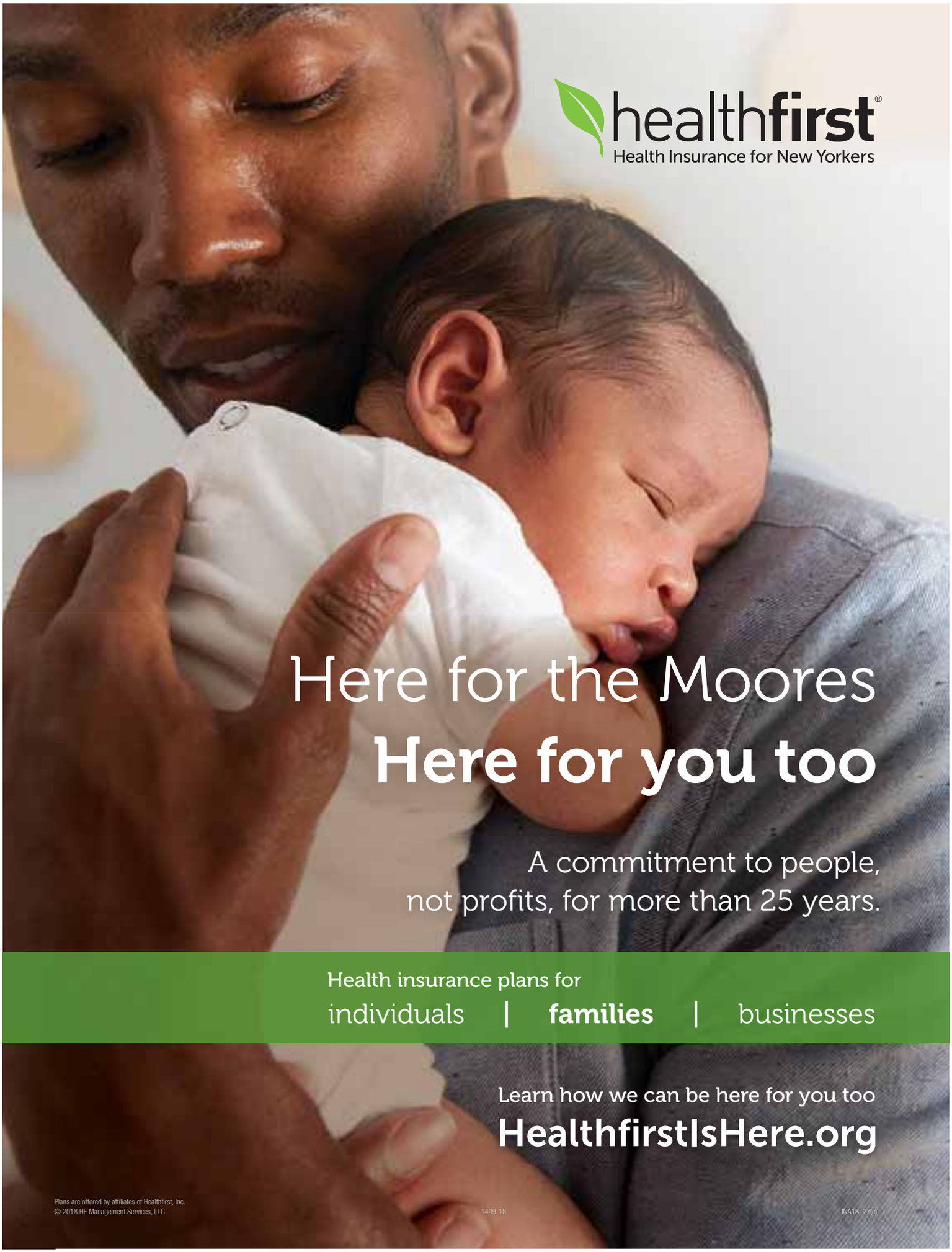
5 Five people were killed and seven injured in a stampede after an African Champions League soccer match in the Angolan capital Luanda on Saturday, the sports ministry said. Witnesses told Reuters the people were crushed to death when they flooded out of the stadium after the game between Angola's Primeiro de Agosto and TP Mazembe from the Democratic Republic of Congo. Angola's sports ministry said in a statement late on Sunday that it regretted the deaths and that the seven injured people had already been discharged from hospital. Witnesses said the stampede happened after fans found the gates to the Estádio 11 de Novembro stadium shut after the match. When police opened the gates, fans rushed out and some were trampled under police horses. The sports ministry blamed the casualties partly on the fact that the start of the game had been delayed. Angola's sports watchdog said it would investigate the incident. Last year, at least 17 people died and dozens were injured in a stampede at a stadium in Uige, a city in northern Angola.

STATS

SCOTUS CONFIRMATION

The Senate Judiciary Committee is reportedly considering delaying Brett Kavanaugh's confirmation following allegations that Kavanaugh sexually assaulted a woman in the 1980s. Should the committee delay a confirmation vote until they learn more about the allegations, or should they continue without delay?

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21 injured at Kings Plaza fire in Brooklyn, suspect apprehended

Three civilians and 18 firefighters were injured after several cars caught fire in the shopping mall's parking garage.

NIKKI M. MASCALI
nikki.mascali@metro.us

Three civilians and 18 firefighters were injured during the 7-alarm fire at Kings Plaza, which was contained to the mall's parking garage. TWITTER/FDNY

At least 21 people, including 18 firefighters, sustained injuries during a fire at the Kings Plaza Shopping Center on Monday morning, FDNY officials said.

Several vehicles caught fire in the Brooklyn mall's parking garage at 5100 Kings Plaza in Mill Basin, sending thick, black plumes of smoke up into the sky around 8:30 a.m., FDNY officials said.

According to Pix11, police released a photo of a suspect connected to the fire. According to the NYPD, the suspect was later apprehended Monday evening. The New York Post described him as a homeless man who once worked at a dealership that rented space at the garage.

The Kings Plaza fire began on the second floor of the garage before spreading to the third floor. The blaze was contained to the parking garage and did not affect the mall itself, which has more than 120 stores, officials said.

"Expect smoke and traffic delays in the area. People nearby avoid smoke, close windows."

NYC Emergency Management

Due to the blaze and smoke conditions, the shopping complex is currently closed, and NYC Emergency Management is urging New Yorkers to avoid the area.

"Expect smoke and traffic delays in the area. People nearby avoid smoke, close windows," the department tweeted.

FDNY Commissioner Daniel Nigro said that three civilians and 18 firefighters sustained non-life-threatening injuries, including "various levels" of heat exhaustion and smoke inhalation due to the Kings Plaza fire.

According to the FDNY Twitter account, more than 50 department units and more than 200 firefighters were battling the seven-alarm blaze.

Nigro said that the fire was "virtually extinguished" as of 11 a.m. and there were "perhaps as many as 120" vehicles. The Post reported that 137 cars caught fire.

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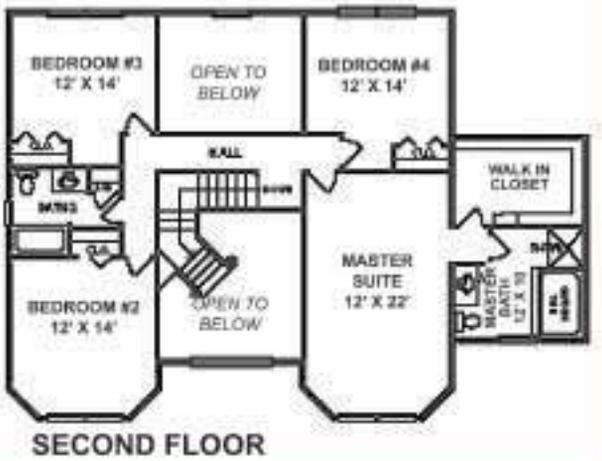

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Florence remnants to bring rain to NYC

The remnants of Hurricane Florence are moving up the East Coast, affecting New York City weather.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

Hurricane Florence has been downgraded to a tropical depression, but the storm is still hanging around. And soon, it'll affect New York City weather.

Hurricane Florence made landfall on Friday, slamming the Carolinas with torrential rain and intense winds. The 350-mile-wide storm left as many as 2.5 million North Carolina residents without power and has led to at least 22 deaths.

Florence has been downgraded to a tropical storm and continues to weaken per meteorologists, but the system is still moving north, bringing unpleasant weather with it.

The remnants of Hurricane Florence are moving up the East Coast, according to the National Weather Service, bringing rain to New York City throughout Tuesday.

"It is certainly the remnants," said Tim Morrin, observation program leader with the National Weather Service. "It does have just enough of some tropical moisture left in it to give us the potential for some heavy rain through the period between [Monday] evening and [Tuesday] early evening, about a 24-hour period."

Spotty showers could begin Monday after the evening commute, but the worst of the New York City weather will come overnight and on Tuesday.

"We could see off-and-on showers on Tuesday. Some could be moderate or even heavy for a brief period of time."

Tim Morrin, observation program leader with the National Weather Service

"We could see off and on showers" on Tuesday, Morrin said. "Some could be moderate or even heavy for a brief period of time."

The National Weather Service issued a hazardous weather outlook for southeast New York, warning that the remnants of the Hurricane Florence system could drop 1 to 1.5 inches of rain across the region on Tuesday. Some areas could see even higher amounts.

While there is currently a low chance of flash flooding, forecasters wrote that "the main threat from this rainfall will be minor urban and poor drainage flooding."

Still, Morrin added that forecasters don't expect much in terms of significant flooding overall.

Thunderstorms and some strong gusts of wind could add to the bleak New York City weather as well, though, and experts warn there is a high risk for rip currents on Tuesday.

The good news, though, is that the remnants of Hurricane Florence won't be around for long. The brunt of the heavy rain will miss New York City, instead hitting Albany and the Massachusetts area with larger downpours, and the storm system is set to move offshore Tuesday evening.

After that, New York City weather turns warm and sunny again. Wednesday is set to be mostly sunny with a high near 79, and temps could even top 80 later in the week on Friday.

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Who Should Apply? Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

Completed applications will only be accepted either by mail or online. Applications will be submitted through a randomized lottery process for placement on a waiting list.

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Rents and Household Earning Limits advertised are based on current 2018 HUD AMI limits and may be adjusted when new annual guidelines are published by HUD.

AMI Category	Unit Size	Monthly Rent[1]		House-hold Size[2]		Annual Household Income[3] *Minimum – Maximum*[4]
60%	1 bedroom	$1,174	→	1 person 2 people	🧍 🧍🧍	$36,823 - $43,860 $36,823 - $50,100
60%	2 bedroom	$1,408	→	2 people 3 people 4 people	🧍🧍 🧍🧍🧍 🧍🧍🧍🧍	$44,160 - $50,100 $44,160 - $56,340 $44,160 - $62,580
60%	3 bedroom	$1,627	→	4 people 5 people 6 people	🧍🧍🧍🧍 🧍🧍🧍🧍🧍 🧍🧍🧍🧍🧍🧍	$51,017 - $62,580 $51,017 - $67,620 $51,017- $72,600
80%	1 bedroom	$1,566	→	1 person 2 people	🧍 🧍🧍	$49,097 - $58,480 $49,097 - $66,800
80%	2 bedroom	$1,878	→	2 people 3 people 4 people	🧍🧍 🧍🧍🧍 🧍🧍🧍🧍	$58,903 - $66,800 $58,903 - $75,120 $58,903 - $83,440
80%	3 bedroom	$2,170	→	4 people 5 people 6 people	🧍🧍🧍🧍 🧍🧍🧍🧍🧍 🧍🧍🧍🧍🧍🧍	$68,057 - $83,440 $68,057 - $90,160 $68,057 - $96,800
125%	1 bedroom	$1,750	→	1 person 2 people	🧍 🧍🧍	$73,782 - $91,375 $73,782 - $104,375
125%	2 bedroom	$2,250	→	2 people 3 people 4 people	🧍🧍 🧍🧍🧍 🧍🧍🧍🧍	$88,492 - $104,375 $88,492 - $117,375 $88,492 - $130,375
125%	3 bedroom	$2,983	→	4 people 5 people 6 people	🧍🧍🧍🧍 🧍🧍🧍🧍🧍 🧍🧍🧍🧍🧍🧍	$102,275 - $130,375 $102,275 - $140,875 $102,275 - $151,250

1 Rent includes gas for cooking.
2 Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
3 Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.
4 Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to: Riverton Square, LLC, Attn: Affordable Program, 2156 Madison Avenue, New York, NY 10037.** Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **October 4, 2018**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, Applications will be submitted through a randomized lottery process for placement on a waiting list. As units become available, applicants on the waiting list who appear to qualify will be contacted in order of log number and preference and invited to an interview to continue the process of determining your eligibility. If you are selected for the waiting list and invited to an interview, you will be asked to bring documents that verify your household size, identity of members of your household, and your household income. The waitlist established will be active for no more than two years, at which time a new lottery will be held to refresh the waiting list.

Español Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **Riverton Square, LLC, Attn: Affordable Program, 2156 Madison Avenue, New York, NY 10037**. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de 4 de octubre 2018.

简体中文 访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**Riverton Square, LLC, Attn: Affordable Program, 2156 Madison Avenue, New York, NY 10037** 信封背面请用英语注明"CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请2018年10月4日。

Русский Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу : **Riverton Square, LLC, Attn: Affordable Program, 2156 Madison Avenue, New York, NY 10037.** На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее 4 октября 2018.

한국어 nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를**Riverton Square, LLC, Attn: Affordable Program, 2156 Madison Avenue, New York, NY 10037.**으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. 2018년10월4일까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다..

Kreyòl Ayisyien Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen li nan: **Riverton Square, LLC, Attn: Affordable Program, 2156 Madison Avenue, New York, NY 10037.** Nan dèyè anvlòp la, ekri mo "HATIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat oktòb 4, 2018.

العربية تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني nyc.gov/housingconnect. للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مظروف يحمل اسمك وعنوانك إلى: **Riverton Square, LLC, Attn: Affordable Program, 2156 Madison Avenue, New York, NY 10037**. على الجهة الخلفية للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل 4 أكتوبر، 2018.

Mayor Bill de Blasio • HPD Commissioner Maria Torres-Springer

Bronx home to most approved residential units: Report

Localize.city looked at the top New York City neighborhoods with approved residential units.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

EMILIO GUERRA / FLICKR CREATIVE COMMONS

Take a walk around New York and it may seem like new residential developments are popping up everywhere you look. But out of all five boroughs, the Bronx is home to the most New York City neighborhoods with the highest amount of approved residential units, according to a new report.

In a report out Monday, Localize.city, a website that displays neighborhood data for addresses all around New York, took a look at which New York City neighborhoods have been catching the eyes of building developers.

The analysis looks at which neighborhoods are expected to see an increase in the number of apartments set to open in 2021 and beyond.

The No. 1 neighborhood in terms of approved residential units was in Queens: Long Island City landed in the top spot with 1,436 approved residential units within the past 12 months. But out of the 20 New York City neighborhoods on the list, seven are in the Bronx — more than any other borough. (Six are in Brooklyn, five in Manhattan, and two in Queens.)

"The Bronx is rising," said Israel Schwartz, Localize.city data scientist, in a statement. "Overall, neighborhoods in the Bronx are seeing a greater share of large-scale development than in previous years."

For the report, Localize.city data scientists looked at "tens of thousands of building applications" for new residential buildings with four or more units from the NYC Department of Buildings database between Jan. 1, 2010 to July 1, 2018.

Many of these New York City neighborhoods likely to see an increase in residential units have zoning laws that allow for greater density, the site explains, as well as incentives to build affordable housing units.

In Melrose, for example, which came in at No. 3 on the overall list, the La Central development is set to bring nearly 1,000 residential units, a YMCA and a rooftop farm. Mott Haven (sixth on the list) was rezoned in 2009 to accommodate more residential uses and has a large waterfront development in the works.

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The fight against erectile dysfunction

Don't worry. It happens. But there are ways to stop it!
By Pat King

Many men deal with the awkward physical disability commonly known as erectile dysfunction. As a matter of fact, it may be a more common drawback for more men than you may think. According to a study conducted by the Cleveland Clinic, roughly 52 percent of men experience erectile dysfunction in their day-to-day lives, with 40 percent of men age 40 experience it and 70 percent of men age 70. So what are some ways that you can combat this … gulp… disappointing condition that affects so many men in the bedroom?

Eat and live right

As with many ailments, erectile dysfunction can be closely related to how much you exercise and how well you eat on a daily basis. In a nutshell — by getting the right amount of cardio during the week, you will maintain a lower blood pressure which can help you to achieve healthier erections when it matters the most.

Eating right can also contribute to lowering your blood pressure with food like dark chocolate, pistachios, and watermelon all linked to lowering cholesterol and increasing the blood flow in the right areas. Some bad news for those who like the drink a few cocktails from time to time however is that drinking to excess has historically been linked to cases of erectile dysfunction. So try to cut back if you want to see improvements down there.

The importance of a healthy diet cannot be overstated in cases of erectile dysfunction as WebMD found It is estimated that around "35-75% of men with diabetes will experience at least some degree of erectile dysfunction during their lifetime." On top of that, men with diabetes will develop ED 10 to 15 years before men without diabetes.

Cut out the problem at the root

While many pills and contraptions have been touted as the end all be all cures of this worrisome condition, few have produced the same exciting restorative results as the ErectionWave treatment. Created by board certified urologist, Dr. David Shusterman, this new innovative treatment has taken a different approach to this issue than, say, swallowing a couple viagras on a nightly basis. The most exciting aspect of this treatment is that it actually works to cure the real issues behind ED and not offering a temporary solution. By directing high frequency rays towards blood vessels that have been blocked, ErectionWave treatment will increase blood through these pathways to allow for stronger and longer lasting natural erections without the assistance of pills or useless penis pumps.

Another more direct erectile dysfunction cure is known as the Priapus Shot — or otherwise known simply as the "P-shot". This completely pain-free shot has been known to not only increase sex drive but increase the overall penis size to 3.5 centimeters. The shot gets these results by by kickstarting a man's own growth factors in his blood to recruit his body's own stem cells down to the penis causing quicker regeneration of tissue and blood vessels.

If you are interested in either of these groundbreaking treatments, make your appointment with Dr. Shusterman today by calling 212-661-0060.

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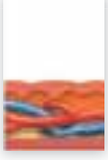

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Sculpt hopes to amp up the at-home workout experience

The new app from the NYC-based creators of treadmill workout app Studio launches today.

JEFF TOMKO
jeff.tomko@metro.us

PROVIDED

Workout apps are a great and convenient complement to your normal fitness routine, but can they replace the camaraderie and results you get from your daily gym fix?

A New York City-based fitness app says its latest development in at-home fitness tech will be more productive than your trendy boutique workout.

Sculpt, which launched on Tuesday, is the latest fitness app to attempt to make living-room lunges and other at-home workouts more productive. Developed by the creators of Studio, the treadmill-centric app that promised (and delivered) on taking the mundane out of boring treadmill workouts, Sculpt promises it can make at-home workouts as high-octane as the trendiest boxing or boot-camp studio, and can even bring the group fitness camaraderie to your living room.

"We deliver an even better experience than an actual class setting," says Lisa Niren, Studio's head instructor and director of content and programming. "We can experiment with content, and instead of being limited to a few dozen people per class in a brick-and-mortar, Sculpt allows thousands of members to participate in a class."

Niren says Sculpt will "combine strength training, metabolic conditioning, stretching, high-intensity interval training, calisthenics and body-weight exercises and compound movements." Sculpt will provide an original workout each day for all fitness levels, instructed by some of the country's top-notch trainers.

One of the drawbacks of at-home workouts can be the lack of one-on-one coaching and corrective instruction. Sculpt addresses that by providing comprehensive explanations to each exercise movement. Don't know how to do a burpee? Hit pause and Sculpt's exercise library will show you.

"We want every class to feel like an incredible boutique fitness experience with the power of the collective community while making each member feel like they are getting an individualized experience," Niren says.

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Each NYC subway line — except for the L train — was beleaguered by signal and/or mechanical issues during one or more of last month's morning rush hours, Riders Alliance found. GETTY IMAGES

City subways delayed 22 of 23 August rush hours: Riders Alliance

Only one day was free of signal or mechanical issues, the advocacy group found.

NIKKI M. MASCALI
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The weekday morning rush can be grueling on the NYC subway as you're well aware, but a new Riders Alliance analysis of last month's service showed there was only one day without a signal delay.

Of the 23 morning rush hours on the NYC subway in August, the only day free of signal issues was Thursday, Aug. 23. The advocacy group used MTA delay alerts issued between 6-10 a.m. each weekday morning to compile its data. Each NYC subway line — except for the L train — was beleaguered by signal and/or mechanical issues during one or more of last month's morning rush hours. The L was spared because the MTA has finished upgrading signals on the train line, Riders Alliance said.

"When the entire month of August has only one morning rush without signal delays, that's a blinking red light that it's past time to modernize our subway system," said John Raskin, executive director of Riders Alliance. "Every one of those signal malfunctions throws thousands of people's daily lives into chaos. In a functional transit system, that would be a rare event that merits an apology. In 2018 New York, it has become routine."

To that end, Riders Alliance again urged Gov. Andrew Cuomo, who controls the MTA and who last summer declared a state of emergency for the aged NYC subway system, to fund the agency's Fast Forward plan.

The initiative would upgrade signals systemwide, as well as revamp and replace thousands of train cars that often have mechanical issues.

The group has also endorsed congestion pricing, which would fund NYC subway fixes by charging cars and trucks entering Manhattan's central business district south of 60th Street.

"It's time for Gov. Cuomo and members of the state legislature to pass congestion pricing and fund the MTA's Fast Forward plan so we can rebuild the transit system and end the pain for millions of New Yorkers who rely on it every day," Raskin said.

According to the Riders Alliance analysis, the D and R were tied as the most delayed NYC subway lines during morning rush hour last month. Both experienced delays on 16 of the month's 23 workday commutes, with signals being the culprit 11 times and mechanical issues five times.

> **"We've gotten to the point where it's far more common for riders to experience subway delays each day than to not."**
> **Jaqi Cohen of NYPIRG Straphangers Campaign**

"We've gotten to the point where it's far more common for riders to experience subway delays each day than to not," said Jaqi Cohen of NYPIRG Straphangers Campaign. "It's been well over a year since the MTA released its Subway Action Plan. What riders need is assurance that subway service is getting better, not worse."

In a statement, MTA Communications Director Jon Weinstein disputed the findings:

"The methodology of this 'report' provides no context whatsoever," he continued. "This oversimplification ignores the incredible progress we've made under the Subway Action Plan that stopped a steep decline in service and resulted in a series of vital improvements. This appears to be more of a stunt than an actual serious look at service."

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Senate Judiciary to probe Brett Kavanaugh, accuser in public hearing

GETTY IMAGES

U.S. Supreme Court nominee Brett Kavanaugh and the woman who accused him of a 1982 sexual assault will be called to testify in the Senate next Monday, complicating what had appeared to be a smooth confirmation process.

With Kavanaugh's once-safe nomination for a lifetime job on the top U.S. court now appearing in jeopardy, the conservative federal appeals court judge nominated by President Donald Trump had meetings at the White House earlier on Monday and called the assault allegation "completely false."

Senate Judiciary Committee Chairman Chuck Grassley said the committee would hold a public hearing with Kavanaugh and his accuser, Christine Blasey Ford, next Monday.

"As I said earlier, anyone who comes forward as Dr. Ford has done deserves to be heard. My staff has reached out to Dr. Ford to hear her account, and they held a follow-up call with Judge Kavanaugh this afternoon," Grassley said on Monday.

He added there would be a public hearing next Monday "to give these recent allegations a full airing."

The move would delay a planned vote in the Judiciary Committee on Thursday to advance Kavanaugh's confirmation.

The developments evoked memories of Supreme Court Justice Clarence Thomas' contentious confirmation hearings in 1991 involving sexual harassment allegations lodged against him by lawyer Anita Hill.

Republican Senate Majority Leader Mitch McConnell has said he wants to hold a full Senate vote on Kavanaugh before the Oct. 1 start of the Supreme Court's new term. It was unclear whether that goal would have to be adjusted.

The White House appeared eager to resolve the matter quickly.

"Judge Kavanaugh looks forward to a hearing where he can clear his name of this false allegation. He stands ready to testify tomorrow if the Senate is ready to hear him," the White House said before Grassley's announcement.

Speaking to reporters at the Senate on Monday, Lindsey Graham, a senior Republican member of the Senate Judiciary Committee, said: "I'm a very fair-minded guy and I'm going to be fair to her (Ford) and I'm going to be fair to him (Kavanaugh). But I'm not going to look at one thing in this guy's life," Graham said of next Monday's hearing.

"Judge Kavanaugh looks forward to a hearing where he can clear his name. He stands ready to testify tomorrow if the Senate is ready to hear him."
The White House

Asked if it was possible for him to believe Ford's story and still conclude that Kavanaugh was qualified to serve on the Supreme Court, Graham said: "I'd have a hard time putting somebody on the court that I thought tried to rape somebody."

Democrats, already fiercely opposed to Kavanaugh, whose confirmation could consolidate the conservative grip on the top U.S. court, had demanded a delay in the committee's vote to let the FBI investigate.

The FBI said in a statement on Monday night that last Wednesday it received a letter dated from July concerning the allegation, and forwarded it to the White House counsel. It added the alleged misconduct "does not involve any potential federal crime."

Moderate Republicans also said Kavanaugh and Ford should be heard. REUTERS

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PAT KING
patrick.king@metro.us

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Making sure you have the most efficient health care coverage possible is incredibly important. But making sure you understand which platforms you are eligible for can be a tricky thing for the average person. When it comes to enrolling in Medicaid and Medicare, do you know which plan makes the most sense for you?

The majority of people over the age of 65 are eligible for Medicare who have maintained consistent work and paid Medicare taxes for at least 10 years. For Medicaid, Healthcare.gov explains that Medicaid provides coverage for "some low-income people, families and children, pregnant women, the elderly, and people with disabilities. In some states, Medicaid has been expanded to cover all adults below a certain income level."

These health care platforms can be hard to navigate for most people, which is why providers that offer both are the most attractive for people looking for the right coverage. VillageCareMAX, a provider-based managed long-term care plan that offers options for Medicare- and Medicaid-eligible individuals, has recently entered into a value-based payment arrangement with Atlas IPA, a network of Essen Health Care providers.

Through this arrangement, VillageCareMAX and Essen Health Care will work together to coordinate all covered services for Atlas patients enrolled in VillageCareMAX's integrated plan to provide care delivery in a direct and seamless way. This approach will provide a more positive member experience, with a focus on taking the burden off of patients and their family members and creating a sense of confidence and assurance in the care of this new amazing partnership. In addition, this partnership promises greater efficiency around the total cost of care with the strength of the collaborative data and support.

This partnership will be beneficial for New Yorkers as Essen Health Care is one of the premier health care organizations in New York with over 250 providers across Manhattan, Bronx, Queens, Staten Island, Long Island, and Westchester County. Essen Medical Associates, P.C. is a comprehensive multi-specialty medical group that provides Primary Care, Urgent Care, House Calls, Care Management, Nursing Home and Adult Home divisions. Essen's values and dedication to their patients come from over 20 years of service to medically underserved communities and the passion to innovate toward a better health care delivery system. VillageCareMAX is the managed care division of VillageCare, an innovative continuing care organization that has offered post-acute care, community services and managed care options to people living in New York City for over 40 years.

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PAT KING
patrick.king@metro.us

While we are experiencing a considerable amount of job growth these days, there is a looming asterisk that seems to hover about those favorable statistics like a dark cloud. This footnote is the rise of automation and artificial intelligence (A.I.) that threatens to take away millions of jobs from industries like manufacturing, maintenance, data entry, and so on. But, who will be the ones on the frontlines of innovation of robotics engineering that will take us into the future?

The American market research company Forrester predicts that automation will destroy 24,186,240 jobs and create 13,604,760 jobs by the year 2025 in the U.S. alone. If you do the math, you can see that the rise of the machines will take away more jobs than they will actually create. But if you are interested in creating these efficient artificial workers, you will want to make sure that you enroll in the right robotics program in order to find your place in the rise of the machines.

Boston University — College of Engineering

Boston University's College of Engineering offers three distinct research topics to help students understand the importance and gain the know-how of programming and creating robotic automation. The first topic, Dynamics, Systems, and Control, focuses on different mathematical theories behind the construction of intelligent robotics. The second, Robotics, goes into the actual creation and motion planning of the machines themselves. The third area of study for this program is Automation, which will focus on how the robotics that these students will create will be able to help businesses in production.

Columbia University — M.S. in Mechanical Engineering with Concentration in Robotics and Control

Columbia University will be offering an M.S. in Mechanical Engineering with Concentration in Robotics and Control that will focus on the studies of "robotic manipulation, navigation, perception, human interaction, medical robotics, assistance and rehabilitation." By having a working knowledge of these subjects as well as hands-on experience building and controlling these machines, students will have the ability to join either the established and dominant companies in this industry or join the next wave of robotics-centric startups that are likely to emerge.

Widener University — Robotics Engineering degree (B.S., M.S.E.)

Widener University in Philadelphia is anticipating the growth of robot technology and is preparing their students to enter such a burgeoning field with their Robotics and Engineering degrees. This program will focus on the importance of robotics in industries including aerospace, agriculture, automotive, chemical, defense, electronics, energy, health care, homeland security, manufacturing, nuclear, pharmaceutical, and transportation.

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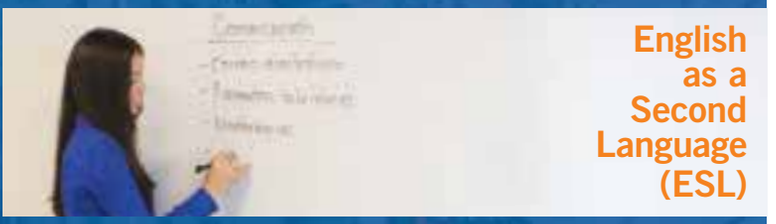
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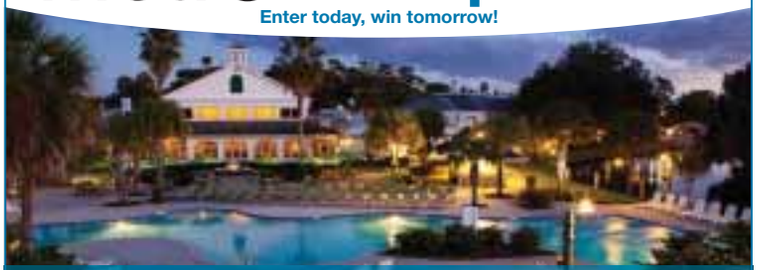

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"WHAT DO YOU RECOMMEND?"
Do you really think a waiter could ever anticipate what kind of food you like or are in the mood for at any given moment? So why would you ever ask a stranger whom you have never met before to recommend something to you? Restaurants usually provide options based on different ingredients so that they can have a sense of "variety" on their menus. So if you ask for a waiter's opinion, you may as well be asking, "Is this place worth it, or should I just head to KFC since it has been on my mind all week? And furthermore, why don't you guys serve buckets of crispy golden fried chicken at this bistro?" Before you go to a restaurant, do the research. Or at least know what you're in the mood for before making a reservation. Take a stand, man! Besides, whom can you really blame for a meal that you don't like when you don't choose it yourself? I recommend you order for yourself.

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I hate rude people. If you are on a crowded elevator and you want to exit, you need to say "excuse me." Announcing you're "coming off" means nothing to me and I will stand there and you walk around me. People do the same thing on public transportation. Were these people raised by wolves?
— S.I. Johnson, *Metro US reader*

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GETTY IMAGES

The winning caption from Joshua Richard, *Metro Boston reader*

TOMORROW'S PHOTO:

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metro.us/horoscopes

♈ **Aries** You'll be better off maintaining your position rather than taking chances that could disrupt your life. Stick to what you know and do best.

♉ **Taurus** Live, learn and let go. Take a step forward and reach out to positive people who will help you advance. Put anger aside and strive for personal perfection.

♊ **Gemini** Be careful while traveling and dealing with institutions or hospitals. Ask questions and get the lowdown before you agree to anything that has a risk factor. Protect your reputation.

♋ **Cancer** Be creative in how you run your household or deal with professional responsibilities. A partnership will have its advantages.

♌ **Leo** You may be fired up by the changes going on, fighting a losing battle will just deplete your energy. Pay attention to what you can do, not to what you cannot.

♍ **Virgo** Home improvements should help lower your expenses and make life more convenient. Updates should be geared toward efficiency. A personal gain is heading your way.

♎ **Libra** Take what others do or say seriously, but don't overreact to compensate for something you have no control over. Try not to get caught up in someone else's gossip.

♏ **Scorpio** Take better care of yourself physically. Avoid unnecessary risks. Discipline, exercise and good eating habits will bring the best results.

♐ **Sagittarius** Put your thoughts and time into low-overhead moneymaking ventures that will make your life easier. Enforcing a routine will help you avoid getting sidetracked by interference.

♑ **Capricorn** Explain your emotional position to someone you want to help. Making an adjustment will encourage others to do so as well. Love brings better results than force.

♒ **Aquarius** Look inward and question any of your habits that are taking up too much of your time or eating away at funds. A minimalist attitude will help get back on track.

♓ **Pisces** Take the lead and keep moving forward until you are far ahead. How you manage your money and negotiate personal business will make a difference.

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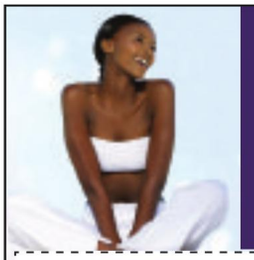

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A new way to start the day

Coney Island Brewing unleashes Count Chocula- and Boo Berry-inspired cereal beers for Halloween.

EVA KIS
eva.kis@metro.us

Count Flocula and Blueberry Boo-Liner are only available during Freak Week.
JENNIFER HENRY

Like many good ideas, cereal beer came to Coney Island Brewing's Matt McCall over brunch. "I'm not a mimosa guy, and it's always frustrating at brunch when you're having something sweet and you don't have a beer to go with it," he says. "I was also a kid that had three bowls of cereal every morning, and I had to have three different ones."

Mix in the current trend of nostalgia for all childhood things, and McCall knew the idea of a beer for the morning would find an audience. And as cereal fans know, Pumpkin Spice Lattes aren't the only reason to get excited around Halloween: It's also the return of the seasonal cereals Count Chocula and Boo Berry that inspired McCall's beers.

To be clear, there's no actual cereal inside the Count Flocula and Blueberry Boo-Liner beers.

"We could, but it would be more of a gimmick than anything else because the cereal itself wouldn't impart much flavor," McCall says. "So we took the ingredients in the cereal and used them in different stages of the brewing process."

The Count Flocula is a Kölsch-style beer aged on cocoa nibs, while the Blueberry Boo-Liner is a kettle-soured Berliner Weisse aged on blueberry puree. Both use a biscuit malt for a more bready flavor and are brewed with marshmallow creme. But the real secret to getting that cereal mouthfeel: lactose, added while the in-progress beers are boiling. "That gives it a back-end sweetness and a milk texture emulating cereal," he explains. Both brews top out at a morning-friendly 5.5% ABV.

To try the cereal beers, you have to be willing to get a little freaky. Each fall, the Coney Island Brewery crew take their most unusual beers and some of the seaside carnival's best performers and artists on a Freak Week

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Matt McCall is the head brewer and lifelong cereal lover at Coney Island Brewing. JENNIFER HENRY

tour of New York City. From Sept. 18-22, find them doing tap takeovers, brewer talks and performances around the city, ending with Freaktoberfest back home at 1904 Surf Ave. (where you can try the beers all week).

"A lot of people, when they think of Coney Island they think of the roller coaster and boardwalk, but to me it's a place where the freak shows and castouts of the world can gather," says McCall.

"During Freak Week, we take that mentality out to Manhattan and Brooklyn."

Cereal beer is part of a sweet streak

Count Flocula and Blueberry Boo-Liner aren't the first sugary treats Coney Island Brewing has turned out. Back in the fall of 2015, Coney Island Brewing led the hard root beer trend, followed by other hard sodas and cream ales during Summer 2016, and even went a step further with Cotton Candy Kölsch and Kettle Corn Cream Ale.

Does the Coney Island Brewing crew just have a serious sweet tooth?

"We pride ourselves on making all kinds of beer, but any brewer will tell you they take a lot of inspiration from the world around them," McCall says.

"Within a 5-mile radius we have 14 candy shops, so we definitely take inspiration from that."

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What you need to know about food poisoning

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ISTOCK

Stomachache, vomiting, fever — they're symptoms of many conditions, and we've all had one or more of them at some point. But a common cause is food poisoning. Metro talked to Perri Halperin, MS, RD, a clinical dietitian at Mount Sinai Hospital, about what it is, how to avoid it and what to do if you think you have it.

What causes food poisoning?

When disease-causing bacteria, viruses or parasites — also known as pathogens — contaminate food, they can cause foodborne illness. According to the CDC, 48 million persons get sick, 128,000 are hospitalized and 3,000 die from foodborne infection in the United States each year.

What are the symptoms?

The symptoms of food poisoning can range from abdominal pain, nausea, vomiting and diarrhea to fever, chills, headache and even death, depending on the type of organism that caused the foodborne illness.

Who is at risk of food poisoning? If two people eat a tainted meal, might one get sick and not the other?

Infants and young children, pregnant women, older adults, and people with weakened immune systems are at highest risk for serious foodborne illnesses.

How can we safeguard against food poisoning?

To safeguard against food poisoning, remember these steps:

CLEAN: Wash hands in warm, soapy water for at least 20 seconds before handling food. Wash cutting boards, dishes, utensils and countertops with hot soapy water between preparation of raw meat, poultry and seafood products and preparation of any other food that will not be cooked. Use paper towel to clean kitchen surfaces; if using cloth towels, wash them often in the washing machine. Rinse fruits and vegetables and rub firm-skinned fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Clean lids of canned goods before opening.

SEPARATE: Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bag and refrigerator, and never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs without first washing the plate thoroughly. Consider using one cutting board only for raw foods and another only for ready-to-eat foods such as bread, fruit, vegetables and cooked meat. Don't reuse marinades used on raw foods unless you bring them to a boil first.

COOK: Use a food thermometer to measure the internal temperature of cooked foods; check in several places to make sure the meat, poultry, seafood or egg product is cooked to a safe temperature. Color of food is not a reliable indicator of safety or doneness. The USDA and FDA recommend cooking meat and fish to an internal temperature of 145F and poultry to an internal temperature of 165F.

CHILL: Refrigerate or freeze meat, poultry, eggs seafood, and other perishables within 2 hours of cooking or purchasing. Never thaw food on the counter; it is safe to thaw food in the refrigerator. Keeping a constant refrigerator temperature of 40F or below is one of the most effective ways to reduce risk of foodborne illness.

When should you seek medical attention?

The symptoms of food poisoning are often more severe and last longer than those associated with a "stomach bug." If you experience symptoms of food poisoning, such as prolonged diarrhea or vomiting, drink plenty of fluids to prevent dehydration. See your doctor or health-care provider if you have symptoms that are severe, including: high fever, blood in stools, diarrhea that lasts more than three days or frequent vomiting that prevents keeping liquids down. Treatment depends on the source of the illness and may include antibiotics and replacement of lost fluids.

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Yanks clinging to top Wild Card spot as Red Sox visit

The greatest rivalry in baseball resumes on Tuesday at Yankee Stadium.

JOE PANTORNO
joseph.pantorno@metro.us

The penultimate meeting between the New York Yankees and Boston Red Sox features a pair of playoff teams from the American League East trending in two very different directions.

Boston is putting together one of the greatest seasons in Major League Baseball history behind a 103-47 record. Only nine teams in league history have won more games in a single season than the Red Sox, who still have 12 games left to play.

The Yankees, who sit in second place in the division behind the Red Sox, have been nothing short of mediocre since late June.

Inconsistent play and injuries have submerged the Yankees into an insurmountable hole in the division, which eliminates any hope of them avoiding the dreaded one-game American League Wild Card Game.

While their standing as a playoff team seems safe, the prospect of them hosting the one-game playoff has fallen under siege as the Oakland Athletics are hot on New York's tail for the top spot in the Wild Card standings.

So as Boston looks to wrap up the AL East when they visit the Bronx for a three-game series beginning tonight, the Yankees need a strong showing or else they'll be traveling to Oakland in October to keep their season alive.

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AL EAST STANDINGS

	W	L	GB
	103	47	—
	91	58	11.5
	82	66	20.0
	67	82	35.5
	43	106	59.5

AL WILD CARD STANDINGS

	W	L	GB
	91	58	+1.5
	90	60	—
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	82	67	7.5
	74	76	16.0

OVER THEIR LAST 20 GAMES...

Red Sox 13-7

Yankees 9-11

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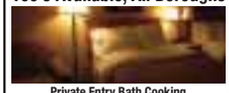

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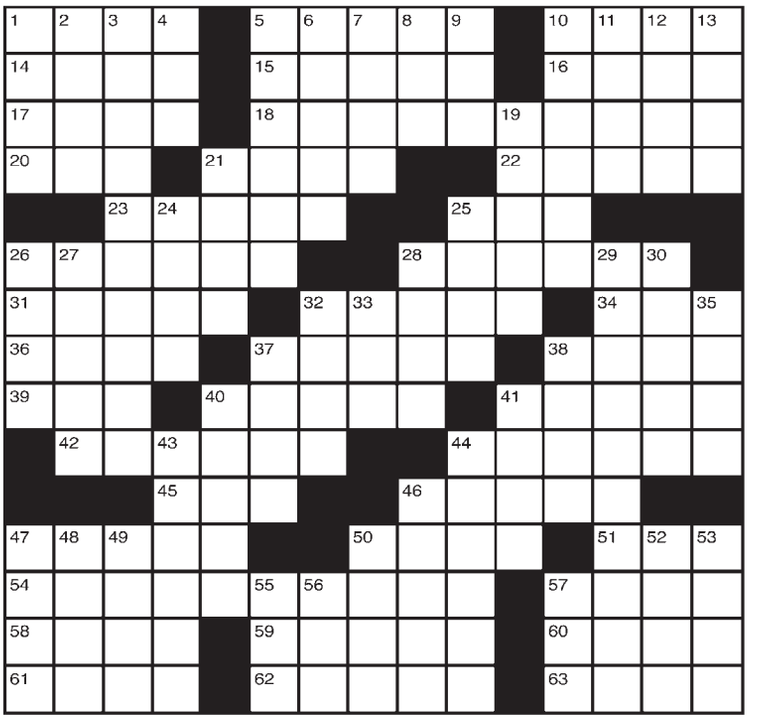

BY TCA

ACROSS

1 Make a sweater
5 What saxophones are made of
10 __ in the face; insult
14 Goose egg
15 Not as common
16 __ list; paper full of chores
17 All at __; suddenly
18 Infrequent
20 Yogi's little buddy, for short
21 On one's __; alert
22 See eye __; agree
23 Fishing barbs
25 Coughing spell
26 Polite person's word
28 Choose
31 Songbirds
32 Traveler's stop
34 Cut off
36 __ out a living; gets by
37 Generous person
38 Clerical error
39 Lion's lair
40 Extend one's subscription
41 Kitchen cabinet wood
42 Smacked
44 "Don't move!"
45 Antlered animal
46 Extended family groups
47 Faux pas
50 Apply makeup, e.g.
51 Knotts or Rickles
54 Draw pictures for a book
57 Vicki Lawrence's TV role
58 Motorist's woe
59 Ran __; deserted
60 Insincerely smooth
61 Tricycle rider
62 Signified
63 New York team

DOWN

1 Door handle
2 Advice to Nanette
3 Not speaking clearly
4 Golf ball peg
5 Actress Shields
6 Churchill Downs events
7 Circle portions
8 Black, Yellow, Red or Dead
9 12th-graders: abbr.
10 Larry or Curly Joe
11 "The __ Ranger"
12 "Rome wasn't built in __"
13 Pillar
19 Know-__; smarty-pants
21 Throw
24 Lawn trees
25 __ at; deride
26 Implored
27 Superior or Titicaca
28 Store away
29 Scottish draft horse
30 November birthstone
32 Abbey resident
33 Very late bedtime
35 Tiny skin opening
37 Knock down forcibly
38 New driver, often
40 Reigns
41 Sourpuss
43 Prove an argument wrong
44 Like a translator, hopefully
46 "__ a Hot Tin Roof"
47 Present
48 Actress Sheedy
49 Criticism; opposition
50 Facts & figures
52 Leave out
53 Arrests
55 Twain's Sawyer
56 Have regrets
57 "The Wizard of Oz" production co.

metro.us/wordsearch

X	D	P	U	H	C	T	E	K	H
E	S	I	D	A	R	A	P	X	C
M	C	B	U	R	G	E	R	C	I
Y	I	U	P	P	L	M	H	O	W
S	N	N	H	K	U	E	C	O	D
A	C	X	C	S	E	S	D	K	N
E	I	I	T	S	B	S	R	O	A
R	P	A	E	W	R	Y	C	U	S
G	R	I	L	L	K	A	K	T	C
D	Z	I	H	M	B	U	P	N	G

Bacon
Bun
Burger
Cheese
Cookout
Greasy
Grill
Ketchup
Meat
Messy
Mustard
Paradise
Pickle
Picnic
Sandwich

metro.us/wander

Category: Sports Team

	Y	S	E	R
N	T	I	X	S
E	V	E	S	

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

2					8	9		
3	4	7		9	1	8	2	
		9	4	2	6			
5	6		1	4	3			2
		3		8		5		
9			6	7	5		8	3
			8	1	4	2		
	9	4	2	6		1	3	5
		1	3					8

Yesterday's Answers

L	E	S	S			S	K	I	S		P	R	O	D
O	S	C	A	R		L	E	N	T		L	I	N	E
O	P	I	N	E		I	G	N	O	R	A	N	C	E
N	N	E		S	A	D			P	U	C	K	E	R
		N	O	O	S	E			P	I	E			
M	E	T	A	L	S			R	A	N	D	O	M	
A	L	I	K	E		B	R	A	G	S		V	A	T
M	O	S	S		P	I	E	C	E		D	A	T	E
A	P	T		H	A	N	D	Y		G	A	L	E	S
	E	S	S	A	Y	S			R	U	M	O	R	S
			H	I	M			C	H	I	E	F		
S	T	R	I	F	E			R	O	T		F	A	Y
P	R	O	F	A	N	I	T	Y		A	M	I	G	O
A	U	S	T		T	R	A	P		R	E	C	U	R
T	E	E	S		S	E	P	T			G	E	E	K

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